

Appendix
BMI and Physical Activity, Military-Aged U.S. Population 2015–2020
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Appendix Table 1. Physical Activity Questions from the National Health and Nutrition Examination Survey

Cycle	Ages	Questions
2015–16	All ^a	<ol style="list-style-type: none"> 1. Next I am going to ask you about the time {you spend/SP spends} doing different types of physical activity in a typical week. Think first about the time {you spend/he spends/she spends} doing work. Think of work as the things that {you have/he has/she has} to do such as paid or unpaid work, household chores, and yard work. Does {your/SP's} work involve vigorous-intensity activity that causes large increases in breathing or heart rate like carrying or lifting heavy loads, digging or construction work for at least 10 minutes continuously? 2. In a typical week, on how many days {do you/does SP} do vigorous-intensity activities as part of {your/his/her} work? 3. How much time {do you/does SP} spend doing vigorous-intensity activities at work on a typical day? 4. Does {your/SP's} work involve moderate-intensity activity that causes small increases in breathing or heart rate such as brisk walking or carrying light loads for at least 10 minutes continuously? 5. In a typical week, on how many days {do you/does SP} do moderate-intensity activities as part of {your/his/her} work? 6. How much time {do you/does SP} spend doing moderate-intensity activities at work on a typical day? 7. The next questions exclude the physical activity at work that you have already mentioned. Now I would like to ask you about the usual way {you travel/SP travels} to and from places. For example to school, for shopping, to work. In a typical week {do you/does SP} walk or use a bicycle for at least 10 minutes continuously to get to and from places? 8. In a typical week, on how many days {do you/does SP} walk or bicycle for at least 10 minutes continuously to get to and from places? 9. How much time {do you/does SP} spend walking or bicycling for travel on a typical day? 10. The next questions exclude the work and transport activities that you have already mentioned. Now I would like to ask you about sports, fitness and recreational activities. In a typical week {do you/does SP} do any vigorous-intensity sports, fitness, or recreational activities that cause large increases in breathing or heart rate like running or basketball for at least 10 minutes continuously? 11. In a typical week, on how many days {do you/does SP} do vigorous-intensity sports, fitness or recreational activities? 12. How much time {do you/does SP} spend doing vigorous-intensity sports, fitness or recreational activities on a typical day?

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		<p>13. In a typical week {do you/does SP} do any moderate-intensity sports, fitness, or recreational activities that cause a small increase in breathing or heart rate such as brisk walking, bicycling, swimming, or volleyball for at least 10 minutes continuously?</p> <p>14. In a typical week, on how many days {do you/does SP} do moderate-intensity sports, fitness or recreational activities?</p> <p>15. How much time {do you/does SP} spend doing moderate-intensity sports, fitness or recreational activities on a typical day?</p>
2017–20 (pre-pandemic)	18–44 years ^b	Questions are the same as above
2017–20 (pre-pandemic)	17 years ^c	I'd like to ask you some questions about {your/SP's} activities. During the past 7 days, on how many days {were you/was SP} physically active for a total of at least 60 minutes per day? Add up all the time {you/he/she} spent in any kind of physical activity that increased {your/his/her} heart rate and made {you/him/her} breathe hard some of the time.

^aAvailable at https://wwwn.cdc.gov/Nchs/Nhanes/2015-2016/PAQ_I.htm.

^bAvailable at https://wwwn.cdc.gov/Nchs/Nhanes/2017-2018/P_PAQ.htm.

^cAvailable at https://wwwn.cdc.gov/Nchs/Nhanes/2017-2018/P_PAQY.htm.

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Appendix Table 2. Prevalence of “Eligible and Active,” Persons Aged 17–24 Years, NHANES 2015–2020

	“Eligible and Active”^a % (95% CI)	Not “Eligible and Active”^b % (95% CI)	<i>p</i>-value^c
Total	41.1 (37.1, 45.1)	58.9 (54.9, 62.9)	
Gender			
Male	44.5 (38.8, 50.2)	55.5 (49.8, 61.2)	0.066
Female	37.4 (32.4, 42.7)	62.6 (57.3, 67.6)	
Race/ethnicity			
NH White	45.8 (39.5, 52.2)	54.2 (47.8, 60.5)	0.007
NH Black	39.0 (33.8, 44.4)	61.0 (55.6, 66.2)	
Hispanic	33.2 (27.7, 39.2)	66.8 (60.8, 72.3)	
NH Other	37.5 (31.5, 44.0)	62.5 (56.0, 68.5)	
Education ^d			
High school or less	38.8 (31.1, 47.2)	61.2 (52.8, 68.9)	--
Some college	41.5 (34.2, 49.2)	58.5 (50.8, 65.8)	
College graduate	--	--	
Family Income ^e			
Low	38.4 (32.7, 44.4)	61.6 (55.6, 67.3)	0.566
Moderate	39.2 (35.3, 43.3)	60.8 (56.7, 64.7)	
High	43.3 (33.0, 54.2)	56.7 (45.8, 67.0)	

Note: Boldface indicates statistical significance ($p < 0.05$).

Values are weighted percentages based on non-pregnant persons aged 17–24 years; unweighted $n = 2,045$ for all variables except education ($n = 995$) and family income ($n = 1,772$).

NH, non-Hispanic; --, data suppressed due to wide Korn-Graubard confidence interval.

^aDefined as body mass index 19.0–27.5 kg/m² and reporting ≥ 300 minutes/week of moderate-intensity physical activity or ≥ 150 minutes/week of vigorous-intensity physical activity or the equivalent combination, from all domains (or, for those aged 17 years in the 2017–2020 data, reporting ≥ 60 minutes/day of moderate-intensity physical activity daily).

^bDefined as body mass index < 19.0 or > 27.5 kg/m² or reporting < 300 minutes/week of moderate-intensity physical activity or < 150 minutes/week of vigorous-intensity physical activity or the equivalent combination, from all domains (or, for those aged 17 years in the 2017–2020 data, not reporting ≥ 60 minutes/day of moderate-intensity physical activity daily).

^cBased on the Satterthwaite adjusted F-test.

^dRestricted to participants aged 20–24 years.

^eDefined by the poverty income ratio: low, $< 150\%$; moderate, 150–400%; high, $> 400\%$.

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Appendix Table 3. Prevalence of Outcomes by Education Level, Persons Aged ≥ 25 Years, NHANES 2015–2020

	Population n (weighted %)	Eligible by Body Mass Index^a % (95% CI)	Adequately Physically Active^b % (95% CI)	“Eligible and Active”^c % (95% CI)
High school or less	1,488 (33.5)	40.3 (36.5, 44.3)	66.3 (62.9, 69.5)	28.2 (24.8, 32.0)
Some college	1,255 (30.1)	36.4 (32.5, 40.5)	69.5 (66.3, 72.6)	26.9 (23.2, 31.1)
College graduate	1,175 (36.4)	53.1 (48.4, 57.9)	64.7 (60.5, 68.8)	37.9 (33.6, 42.3)

Values are weighted percentages based on non-pregnant persons aged 25–42 years; unweighted n=3,918.

^aDefined as body mass index 19.0–27.5 kg/m².

^bDefined as reporting ≥ 300 minutes/week of moderate-intensity physical activity or ≥ 150 minutes/week of vigorous-intensity physical activity or the equivalent combination, from all domains.

^cDefined as body mass index 19.0–27.5 kg/m² and reporting ≥ 300 minutes/week of moderate-intensity physical activity or ≥ 150 minutes/week of vigorous-intensity physical activity or the equivalent combination, from all domains.

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Appendix Table 4. Prevalence of Outcomes Excluding Aged 17 Years in Pre-Pandemic Cycle, NHANES 2015–2020

	Population n (weighted %)	Adequately Physically Active^a % (95% CI)	“Eligible and Active”^b % (95% CI)
Total		69.3 (67.6, 70.9)	34.9 (32.6, 37.3)
Gender			
Male	2,800 (51.4)	76.3 (73.6, 78.8)	37.3 (33.5, 41.3)
Female	2,924 (48.6)	61.8 (59.6, 64.0)	32.3 (29.2, 35.7)
Age, y			
17–24	1,805 (27.9)	75.9 (73.4, 78.3)	44.1 (40.0, 48.3)
25–29	1,094 (21.2)	70.4 (66.7, 73.9)	36.3 (31.8, 41.1)
30–34	1,107 (20.6)	69.3 (65.2, 73.0)	32.4 (28.1, 37.0)
35–42	1,718 (30.3)	62.3 (59.0, 65.5)	27.2 (24.3, 30.2)
Race/ethnicity			
NH White	1,681 (55.3)	72.7 (70.0, 75.3)	39.1 (35.4, 42.9)
NH Black	1,372 (12.7)	66.7 (63.8, 69.5)	29.6 (26.7, 32.8)
Hispanic	1,588 (21.0)	66.4 (63.2, 69.5)	27.7 (24.7, 30.9)
NH Other	1,083 (11.1)	60.3 (55.7, 64.8)	34.0 (30.9, 37.2)
Family Income ^c			
Low	1,981 (28.5)	67.4 (65.4, 69.4)	32.4 (29.5, 35.3)
Moderate	1,960 (38.9)	70.4 (67.1, 73.5)	32.4 (29.8, 35.0)
High	1,099 (32.6)	70.2 (66.2, 73.9)	39.7 (33.7, 45.9)

Values are weighted percentages based on non-pregnant persons aged 17–42 years, excluding those aged 17 years in the pre-pandemic (January 2017 – March 2020) cycle; unweighted n=5,724 for all variables except family income (n=5,040). Weighted percentages may not sum to 100% due to rounding.

NH, non-Hispanic.

^aDefined as reporting ≥300 minutes/week of moderate-intensity physical activity or ≥150 minutes/week of vigorous-intensity physical activity or the equivalent combination, from all domains.

^bDefined as body mass index 19.0–27.5 kg/m² and reporting ≥300 minutes/week of moderate-intensity physical activity or ≥150 minutes/week of vigorous-intensity physical activity or the equivalent combination, from all domains.

^cDefined by the poverty income ratio: low, <150%; moderate, 150–400%; high, >400%.